

Leah Kearns Interview

[00:00:00] Welcome to the Peaceful Empath Summit. Get off the emotional rollercoaster. Find your paths to peace and feel your life transform. I'm your host, Monica Owsichek in this episode, we are going to be talking about trusting yourself again once you realize that you are an empath. Our guest today is Leah Kearns. Leah is founder of Conscious CEO and business healer.

Leah knows that gaining greater awareness of your empath superpowers creates unique opportunities in life and business. She recognizes that life as an empath is an invitation to live with a fully open heart but understands that past pain and trauma creates immense hurdles to being able to do this. Through her methodology of relational healing, she supports her clients to feel safe.

Welcome, Leah. Thanks so much for having me, Monica. Yeah, I'm excited to [00:01:00] have you here and to talk about trusting yourself again. It's a big topic and it connects to feeling safe too,

it really intertwines there, so, trusting yourself is another piece of that, and what I'd like to do is I've been starting all of my interviews with taking a moment to take a deep breath together and just get grounded. That's great. So if it feels good, close your eyes and let's take a deep breath in

and let it out.

All right. So what does being an empath mean to you? Yeah. For me, it really, it, it probably, the time where it was the hardest for me, I would say, was when it really felt like there wasn't boundaries between me and other people. Like I could literally feel everything that they were feeling.

Not only [00:02:00] that, I was constantly reading them, also watching their face expressions, their body language, their tone of voice, listening for cues of safety basically. So, um, being in empath actually was exhausting, quite exhausting for me and overwhelming a lot of the time, and that was probably the what, what I had known being in empath as when I first started to come to realizing that that's what I was and, that it really was this something that I couldn't get away from.

Okay. So that's kind of when you first realized you were an empath. Yeah. So it was one of those things. Was it this feeling like, oh, I'm feeling uncomfortable, or this is going on, and then how did you realize, like what was that point that you realized you were an empath?

Yeah, so I would say that I used to go to things like networking, networking events, or [00:03:00] even just social barbecues and things like that where I'd walk away feeling really drained and feeling really overwhelmed and feeling like I needed to lay down and have a nap for a good few hours after the event.

Um, the other thing that I found was that I'd feel like I'd have to keep other people happy and make sure that they were, you know, walking away from the interaction with me feeling positive about themselves. And it was just this genuine desire that, you know, people were filled with light and love and that they could just go, walk away going, oh, that was so nice to speak to Leah and have a chat with her.

So, For me, like the, the point where I really realized, that this had this kind of an impact on me was, there was one point I was sitting on my balcony on a Sunday afternoon and overlooking Melbourne, the city here in Australia. And, you know, I technically had everything. I had the great job, the great money, the great [00:04:00] views, the great partner, all the things.

Yet deep down, you know, I had. Constant discomfort. This constant, almost like a nagging kind of, pressure coming from me internally. And so I was sitting on the balcony on a Sunday night just crying, looking over this gorgeous view. But I had to get on a plane on Monday and fly to another state to do, a presentation for, for work.

And I just, I just couldn't, there was something in me that was having this internal breakdown about being in the airport and being around all the people on the plane and then being at the office and, you know, just constantly being surrounded and buffeted by these people and these energies, and so, that was kind of burnout for the third time in my corporate career.

And it began that real turning point for me to begin my journey with understanding and having awareness of my empath [00:05:00] superpowers. And so, I don't know, I kind of, I recognized my privilege in that I was able to quit my job then, and for the next six months sort of retreated into my apartment, effectively blocking as much energy as I could, living in a 10 story apartment building.

I started a short course on intuition, and it was kind of my key takeaway around that was really that we all have intuition and it's just that we'd forgotten that we do and I started exploring groups online and hearing this word empath come.

And that's when I really started to have that realization that this is me and that, um, I was really being buffeted by life and that I couldn't turn off these, these energies and this, this way to be with life because we are social creatures. So I felt it was important for me to be able to be social with other people and have these [00:06:00] relationships and everything.

But it also felt like being an empath, therefore was this burden to me. So it sounds like, what led you to even this, like look into intuition. You said you took an intuition class, so you had this, all this uncomfortable feeling, overwhelm, burnout. It sounds like you had three times, so you knew something needed to change.

So what led you down that path of, of intuition? Because it sounds like you still weren't completely sure that you were an empath or connected to it yet. Right. That's right. Yeah. So, for my entire life, what I would say is that there's always been synchronicity, there's been signs, and there's been this sense that in some way when I look back, retrospectively, I have been guided towards where I need to be.

Even though sometimes those decisions and those paths to get there could be really painful and could really hurt and have almost a sense of suffering and deep loss [00:07:00] or disappointment. And so, for probably the 12 years before that, I really started to see a series of signs. So, my relationship ended and, um I started seeing black cats every.

Uh, and initially it was sort of like, oh yeah, three of the same signs sort of meant something for me to pay attention to. And so, these black cats then started coming up everywhere that I felt like I'd made a really good decision about something. So at the time, I decided to leave my job in Australia and moved to London.

And that process, every single step along the way, it felt really easy in how that came together, even though I had to still apply effort and work. Those signs just kept showing up. So for me, that kind of start to give me, give me this sort of insight into these hints that life kind of had my back. And so it was part of this process [00:08:00] then that kind of led me to, signing up to a course in intuition that.

I just, it felt as though I just stumbled across it. So synchronicity, again, really playing that part in, um, getting my attention and then understanding and seeing that this series of three was really this signpost for me to pay attention to what

was coming up for me and what was in front of me. So did you always connect to the signs?

So, for me, I think I hadn't always had that awareness.

No, I, over the years I probably visited psychics on and off, not really regularly, anything like that sort of. Really what people would call spiritual or that, that really deeper woo side of things, but I'd probably locked down that part of myself because, uh, in recognition of where I am now, I can understand about how much, physical pain it actually caused me when my body became overwhelmed when I [00:09:00] was sitting with people.

And I remember, further into the journey. I remember sitting with a friend and she, she said to me, oh, I'm sitting with you, but my entire heart is just, it feels like it's opened, and all this stuff is flowing out towards you. And when I was able to have that understanding further down the track, I could then understand everything that I'd been doing all those years before.

But at the time, I really had no idea I had, you know, breakdowns. Those crisis points in my life were probably key catalysts for seeking an answer, looking to the sky and being like, why is this happening? And then sort of having that awareness creep in a little bit by little bit to really give me the direction.

I think that was kind of what it looked like for me. I can relate to that. I feel like a common theme among empaths is that we're seekers. Hmm. And sometimes I think [00:10:00] we've always been seekers. We are seekers, but we don't necessarily connect to the seeking until we connect that we're an empath.

Right and then at all like this huge light bulb, right? Like, oh, that's why I did that and didn't do that. And feel that way and don't feel that way. And so that seems like that's kind of what you're talking about. Yeah. Because for me, the, the feeling side of being an empath, I'd actually kind of shut that out.

And to me, I didn't really recognize even that I had a body, to the point where, you know, I'd do 60-hour weeks at work. Not really think about it, hence the burnout. Right? So, um, for me, numbness was more the, the feeling, the felt state that I had. So, um understanding, like I kind of see how I got to the point of understanding that I was an empath was more about.

Now I understand at Clairvoyancy buoyancy, [00:11:00] understanding the visual signs, the cues, and that's probably my most easy way to receive information for myself, and through sort of my process and through my journey,

I've gone backwards and reopened and reformed, connection with the other sensors and. I guess a key part of that retreat process for me and my apartment, I actually took a trip to Sacred Sites all across Central America, and as I kind of did that, I came to more awareness about, I could feel things that I hadn't really been able to feel before or hadn't had awareness that I was actually feeling before.

So, I was probably feeling them. It was just that I didn't even realize that I was feeling them. So, starting to develop that a little bit more and feel safe in doing that, I think became something that was really important in the process for me and being [00:12:00] able to feel that. Sensorially, like, feel it through the senses in my body.

It almost felt like something that was long forgotten was coming alive within me. Mm-hmm, do you feel like that's what led you to know what to do next? Once you realized you were an empath, then what? Yeah, I think that real seeker kicked in then because it was almost like I was super curious, and I mean, the best thing about curiosity is that.

It's a wonderful state for your nervous system, which is I call our internal timing system, right? It's a wonderful state for that to be in. So as you kind of become curious and seek and move toward the things that are grabbing your attention and asking for your interest, it kind of starts to build these.

Steppingstones and building blocks along the way where the only way that [00:13:00] you could really recognize it in the beginning is to look back retrospectively. Like to look backwards and say, oh yeah, that and that, and that led me to this point. Or, you know, and it's not even about thinking, oh, I could have taken that other path.

It's literally about starting to put the pieces of the jigsaw puzzle together and recognizing, what it means to me personally and individually. So, I think even when you work with somebody else in that they've got their own, , context and dictionary for things, but it's important to also develop your own.

But usually, the way that I took through that journey was to enter through somebody else's doorway, take their understanding of what that meant for them, and then see if I could find my doorway. What they were offering. Right. Because that way it made sense to me personally, but it also kind of gave me, it's like being in a dark room is how I describe it.

And you can't find the light switch and it's [00:14:00] around room and you can't find the door and you're literally, you know, feeling around the edges of the, of edges of the room to. something, whether that's a picture frame or you know, some kind of information to give you some context about whether you're up, down, or you know, roundabout.

I love that you said that Leah, about walking through someone else's doorway for information, because that is what this summit is all about. It's about allowing people to listen to other people's stories. It doesn't have to completely connect, but there could be some kind of aha or moment or relatability that can help you walk through that next door because it is layers and steps of healing and of learning, especially for everybody.

But even as empaths we're learning more, and the awareness gets bigger and bigger and different and different. [00:15:00] So I love that you said that really, and I think there's probably commonalities, and there's also massive generalizations that get made about being an empath. But, it is really individual journey because there is so many intricacies involved in it, plus the context of trauma for people and trauma being anytime where your internal timing system, your nervous system is feeling overwhelmed, like, we as empaths have really faced that again and again and again throughout our lives, and for some of us that's led to a health crisis.

And burnout of some form or some other form of disease, or for others it might be the death of a, a loved one, you know, whatever it was that brought you to the journey of the understanding. I think there's so much to be learned through. Just listening to how it presents for other people and what their experience of it is, because it's not [00:16:00] gonna overlay a hundred percent, but if that can give you even a small piece of the puzzle of the bigger picture for you and potentially a tool or.

A way for you to experience less suffering or experience more spaciousness or, um, experience being able to be in relationship with people in close contact in social situations, then it's going to be worth just listening in and really applying that discernment and therefore starting to build that trust within yourself again, that, just because somebody else.

Their way is, isn't necessarily your way, but there might be a couple of pieces that you think, yeah, that really, that really feels strong for me. And noticing what that, actually, noticing that thought of that really feels strong for me. And then eventually coming into the body and really feeling that viscerally and feeling that felt sense of truth.

And, to me [00:17:00] that's, that's the way forward in being able to trust yourself. Right. And that's what I was, I was actually just gonna go to that topic of trusting yourself again. And so, for you, how did trusting yourself change before and after you realized an empath? Or was it one of those things where you weren't even aware that you were not trusting yourself in a sense?

Mm-hmm. . So, trusting myself before I realized was probably, um, Lack of awareness that I was just guided and that I just didn't have the ability to even recognize that I was, because most of the situations that I was guided through were painful. They were big, catastrophic breakups or. Whole life-changing situations or this sort of thing that would happen to support me to gain the greater awareness.

But really, I suppose [00:18:00] the way that I can understand it now from this side in having gone through that. Awareness process is that it was depression, anxiety, and for me, dissociation, it was, these, these things were actually signs for me that, um, that's that big deep nagging feeling that something's not right here.

There's something that's, you know, that's the call of the soul to be. Bringing you into greater awareness that it's time to go seeking. And, and with that seeking, there is that external sort of observing how other people's stories are also and their journeys that they've taken. And then there's the internal side of it of, well, what's here for me?

What do I actually know already? And I feel like the before trust was really, um, Blind. Blind, a form of [00:19:00] blind trust where it, it felt like the right thing to do. And it's funny how my trust in intuition also, not just trust in myself, but my trust in intuition has changed too. Cuz beforehand with depression and anxiety, I remember not getting on a, not wanting to get on a plane once because they had mechanical issues.

And I was really feeling quite strongly about not getting on this plane, right. I look back on that now and if I'm in the same situation, I can really start to discern by felt sensation in my body, whereas before it was by a mixture of thoughts. And again, the visual cues for me because I'm a very strong, mental intuitive and that's how I was receiving information, right.

So through clairvoyance. But the unfortunate thing about that is that gets mixed with fear in the before trust, [00:20:00] because I don't, I didn't have boundaries between what was mine and say I was in an airport. I'm then in. Hundreds of

other energy fields of peoples, and so as an empath I was also reading their emotional state, their intuitive, connection, what's what was right for them.

And I was trying to interpret that through my own, um, my own sense, but without an applying a sense of discernment without actually understanding what truth really felt like for me.

You have tools, resources, techniques to help you with that trust, right? And that discernment. Can you share some of what those are? What are your favorite tools or how do you, how do you do that? Because it, it can be such an intangible thing, Yeah, absolutely I can.

So I, I suppose through my journey, and through [00:21:00] developing the work and being in the work actively being willing to show up for the work, I've developed a process called relational healing. And it's really a somatic process. And if you're not familiar with somatic processes, they're really about that body.

Based wisdom and allowing the body to speak as a consciousness and really coming down internally to then be able to go externally and, gain inspiration and gain a, a deeper sense of understanding. So the somatic process really, if you take the word soma, is somatic. O is about observation. M is about mindful, and the A is about awareness.

So allowing that awareness to be what is the witnesser and to be that observer. So not bringing a sense of judgment and not bringing a sense of critique or [00:22:00] eliminating through rationale and logic. And so a way that I really like to start with that is, Allowing myself to have the space that I need. And that means having boundaries for being able to say no and being able to say, actually I'm feeling really overwhelmed now.

Or giving myself another way for that to, to feel that sense of space is literal, you know, that literal space or a sense of resourcing. So that might be a favorite. Snugly, dressing gown or maybe your bed is a source of space and sanctuary and safety for you. So it's literally taking yourself out of those locations and giving yourself physical space.

But there's also then the process of, really slowing your waves down and really slowing your body and your resting back into your resting state down, and. [00:23:00] Coming into that just by, it might be orienting yourself in the space. So looking at objects and saying what they are and making sure that you're doing that behind you as well, because that's how we can kind of locate ourselves in time and space.

And that's the sort of process then that helps our body to start to feel calm, feel peaceful, and start to feel that sense of relaxation. So they're two really, great ways to start to feel that sense of safety. And then once you're in that state of safety, there's, a series of questions that you can ask.

And that's the kind of thing that I've shared in my free gift with people today, to help them to, to start to recognize in those moments where I have been feeling those. Emotional feelings and feelings of overwhelm. How can I come back into that sense of safety first? And then the second step is [00:24:00] what are the kinds of questions that I can ask to be able to get my, my body consciousness, that body wisdom to bubble up and provide.

Messages of understanding for me, because really these struggles and even this pain, they're all just cues about, there's a deeper set of information here for you to understand. So, yeah, those questions I've supplied, for everybody today so that they can begin that journey of being able to make physical space and sense of safety and then come into question.

Can you give us an example of what that would look like? So, it could be a time where you utilize the tool and walk us through what, what would that look like? Yeah, so if I've had a, a big interaction with, , say a family member and I might have felt myself starting to withdraw a little bit,[00:25:00] , when I'm in that withdrawal mode and I really would just wanna pull back and sort of hide when I'm in that mode, what I'm actually experiencing is I am losing my ability to communicate my authentic self.

So that might be what I need. That might be, I don't quite feel heard properly or that I don't feel like I'm explaining things properly. That sense of. Loss of connection. And so in those moments then, if it's possible for me, I'll put a pause on the conversation and I'll actually be like, I'm sorry, I can't talk about this right now.

Is it possible that we can come back to this later when I'm feeling like I can be more present or be available to have this conversation? And nine times outta 10 people will say, yeah, that's fine. Take what you need, and so I'll go away and I'll be with myself and I'll do maybe some soothing breaths.

[00:26:00] One way that I like to do that is literally like you are breathing through a straw, and so that's really, and making the out breath longer, say four in and eight out, making that really.

That helps with that relaxation process and starts to calm the body down in that way, and then from there I'd potentially ask about the questions. And so, great ones, for this is really like the ones that I've used are really about the benefits.

What's the benefit of this being here for me? Like, what's it giving to me because. Those cues that are coming up are providing some sense of safety and they're providing a sense of, you being able to cope and get through those situations. So is there something that you're feeling perhaps, disappointed about or frustrated about, or whereabouts can you feel it in [00:27:00] your.

These are all great things to start to create, that connection with body again, and to start to see and observe what's there for you rather than either numbing it with. Anything from alcohol to streaming, Netflix to binge watching something else, eating chocolate, all those things are great. Mind you, they can be resources at a good time, but also, they are signs that there's something deeper there.

There's more information there. So being able to come into that space and create space for yourself with love and compassion for what comes up and when those shadows come up. Not about saying, I don't, that's not me. Or, you know, if the, if you have some thoughts or memories come up where you feel like a bad person or like you've done something wrong, or you feel disappointed about something that's happened.

Then you can give those a really embrace and a love and [00:28:00] compassion for coming up for you and really allow those things just to be there the same as you would, um, perhaps if you were listening to a best friend or if you've got children. It's the same as you would if a child came to you and was explaining their distress and using negative language about themselves.

So really embracing and loving that and giving that some space and understanding. you as the awareness, you as the observer can be with those things, no matter how big they feel. I like that. I can see that process unfolding in a lot of situations. As you were talking, I was like, okay, I can see that.

How, just taking a moment. I think a lot of times we don't give ourselves permission to speak what we need because we don't wanna hurt anybody else's feelings and all that stuff when we just end up hurting ourselves. That's right. And it just becomes, rather than being [00:29:00] outwardly directed, it becomes internally directed.

And again, that's that relationship dynamic that if it, if you don't wanna go inwards, it's going to go projected outwards. That's relationships like you are, you are relating with the world. So if you are not relating with yourself, you've then gotta have that play out somewhere in your external world.

I've really enjoyed our conversation. And it sounds like, you work so much with the body, so the big piece is connecting to our bodies too. And even in what you were saying. If we don't deal with those things, they're gonna get stuck in our bodies too. Right? So coming back to the body and doing the breath work can really help shift that and move that.

Is there anything else that you want to share with our listeners about trusting yourself? Again, maybe if someone is listening and thinks, oh, I don't think I've been trusting myself. What is the one piece of advice or how to get them [00:30:00] started to get onto that path of awareness for trusting themselves?

Hmm. I think the key thing is don't judge yourself that you haven't been trusting yourself. Cut yourself some slack because you've been coping and that's what your body's designed to do. Your body is designed to help you to survive, so, allow yourself some grace and compassion firstly to, to feel that that's okay, and that if that is manifesting as any form of disease or, internal struggle.

Allow that to be okay too. Like it's, it's okay. It's okay. Because as I say to my three-year-old, you know, we're learning. And the thing is, is if you didn't learn it as a child, and if you didn't have, a supportive environment for that, or, people who were able to bring these tools and resources to you in a way that could help you guess [00:31:00] what you're now learning it at.

Well, I. From 30 onwards pretty much, right? And now I'm 40 and I will be learning it from here on out because there's no, there's no end to that learning process. To me, that's the human condition and we can either accept that we are lifelong learners or again, it's another aspect that we can push away of ourselves, and that's okay too, because it's all about our own timing.

Mm-hmm. . I love that. I, I, I love ending with, we are life learners. Mm-hmm. . And that is a huge thing to remember because I know personally, a lot of times I feel like I dealt with that issue and I would like to just put it away forever, and then when it comes back up, it's like, ah. So just remembering that it's, it's lifelong learning and it may come up again.

And that's okay. Right. And that's okay. And just [00:32:00] being okay with it. Like, not even feeling like you have to fix it or do something about it. Like

sometimes you just need space and that's okay. Right. Well thank you so much Leah. I've really enjoyed our conversation today. I feel like we've gotten a lot of great information and tools and tips, so, thanks for your time.

Yeah, no, you're welcome. And, please, anyone, if you have questions, reach out. I'm happy to answer those. Yeah, I just wanted to also remind everybody to go over to the speaker interview page and grab all your free gifts, and that's where you're gonna find Leah's map that will help you find an easy way to observe what's coming up for you as you learn about trusting yourself.

Again, thanks for listening.